

Cincinnati Recreation Commission

Division of Therapeutic Recreation

PROGRAM GUIDE

Program & Registration Information for

2016 Fall & 2017 Winter Programs

Now available online at www.cincyrec.org/TR

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...find out who we are!

Cincinnati Recreation Commission

2016-2017 Annual Membership Fees

**All individuals who register and participate in our
Therapeutic Recreation and Center Programs must have a valid
CRC Center Membership**

Membership Benefits

- Entry to **all** CRC Recreation Centers
- Access to activities and programs advertised as “free with membership”
- Valid for 12 months from the date of purchase

2016-2017 Annual Membership Fees

- Juniors (ages 17 and younger) \$2 All Centers
- Young Adults (ages 18-24) \$10 All Centers
- Adults (ages 18-49) \$25 All Centers
- Seniors (ages 50 and older) \$10 All Centers

Please Note: Separate fees apply for certain programs, fitness cards, and pool cards.

- Fitness Center at \$20/Quarter
 LeBlond RecPlex \$70/Annual
 \$5/Day

You will notice that this membership fee information has been included on our **Program Registration Form** to assist you in calculating your total fee. If you already have a CRC membership card, you can enter your membership number, and you are good to go!

When you pay the membership fee, we will send you a CRC Center Membership Card in the mail—it’s just that easy! If you would like to be considered for a Center Membership Scholarship, please turn to page 9 for instructions on how to do so.

The following TR Programs will be exempt from needing a membership card:

- TR Bowling at Brentwood Bowl
- TR Sharks Inclusive Swim Team at the U.C. Keating Aquatic Center

TR Summer Day Camp fees include the cost of center and pool memberships!

If you have any questions regarding our policy requiring membership, please feel free to contact Alayne Kazin at (513)352-4945.

Cincinnati Recreation Commission

Division of Therapeutic Recreation

The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities, we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. Many of our full-time CRC Therapeutic Recreation program staff are Certified Therapeutic Recreation Specialists (CTRS).

Inclusion Support Services

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce physical, programmatic, and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness, and disability training.

Therapeutic Recreation Services

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as provide exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional, and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community through the delivery of programs for persons with cognitive and physical impairments.

What is a CTRS?

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy, and practice that spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness.

Professional recognition is granted by National Council for Therapeutic Recreation Certification to individuals who apply and meet established specific standards for certification which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

Our Programs

The programs identified in this guide are designed to meet the needs and interests of individuals with intellectual, physical, learning, and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR Staff listed on page two.



Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.



Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our Inclusion Services.

What is Inclusion?

Inclusion is defined as individuals with and without disabilities participating in recreational activities together.

Inclusion Support Services

The TR Division's Inclusion Team was created to assist CRC's recreation center staff with accommodations, education, and materials to aid them in including individuals with disabilities in their programs and activities.

Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Supports
- Training for Staff
- Boardmaker Tools for Communication



How to Request an Accommodation

If you feel an accommodation is beneficial or necessary, please request an Accommodation and Assessment Form at the time of registration at the recreation center. This document is used to formally request additional assistance you may require.

Inclusive Programs for Teens

If you would like to be notified of our **CRC-Wide Teen Events**, please contact Adam at (513)352-4629 or adam.ayers@cincinnati-oh.gov.

Inclusive Programs for 50+

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming—Senior Olympics, line dancing, art classes, and outings. Programs are available at 16 recreation centers across the city—typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff. We hope you will consider participating in some of these great programs!

Please call Adam at (513)352-4629 if you have any questions about our Inclusion Services!

Accommodations Get The Job Done!

Non-Violent Crisis Prevention Training for Families

We Would Like To Offer Non-Violent Crisis Prevention Training For Family Members. The emphasis on this training is on early intervention and nonphysical methods for preventing or managing disruptive behavior. **This training is for Family Members Only** (18 years of age and older).

In this training, we will cover the following information:

- How to identify behaviors that could lead to a crisis.
- How to most effectively respond to each behavior to prevent the situation from escalating.
- How to use verbal and nonverbal techniques to defuse hostile behavior and resolve a crisis before it becomes violent.
- How to cope with your own fear and anxiety.
- How to use CPI's Principles of Personal Safety to avoid injury if the behavior becomes physical.
- When it is appropriate to physically intervene.
- How to assess the physical and psychological well-being of those involved in a crisis.
- How to safely and effectively control and transport an individual.
- How to maintain rapport with the individual who is acting out.
- Key steps for debriefing after a crisis.

Non-Violent Crisis Prevention Training

Ages:	18 and Older
Date:	Saturday, January 21, 2017
Time:	8:30 am – 5:30 pm (<i>includes a one hour lunch break</i>)
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	CPI2017
Maximum Participants:	20
Program Fee:	\$15 (for the cost of the workbook)
Contact Person:	Kristen (513)352-4055

CPR and First Aid Training for Families

We all know that accidents happen to us, our family, our friends, and community members at the worst and most unexpected times. Being prepared for these events is critical and our response and reactions to these events could make the difference in saving people's lives. Here at the Cincinnati Recreation Commission's Division of Therapeutic Recreation, we want to make sure that our families are prepared to take on these challenges with confidence and resolve. Join us for the day as we get certified in CPR/First Aid and AED Defibrillation. This eight-hour class will give you the tools and the know-how to save the lives of the ones you love.

CPR and First Aid Training

Ages:	18 and Older
Date:	Saturday, January 28, 2017
Time:	8:30 am – 5:30 pm (<i>includes a one hour lunch break</i>)
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	CPRFA17
Maximum Participants:	20
Program Fee:	\$50
Contact Person:	Adam (513)352-4629

FREE!!! Leisure Counseling and Education

Come join us in a tour through our Fall and Winter Program Guide. Our staff can help you navigate the program guide's vast offerings and find the right programs and services for you, your family member, or the individuals you serve in your agency. Leisure counseling involves assessing a participant's past, existing, or prospective hobbies, activities, and interests for broad therapeutic purposes. Let us help find the most fun and exciting offerings to fit your needs!

Leisure Counseling and Education

Ages:	18 and Older
Days/Time:	By Appointment
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	LCE167
Program Fee:	FREE!
Contacts:	Alayne (513)352-4945, Kristen (513)352-4055, Adam (513)352-4629, Teresa (513)352-4962, Ashley (513)352-4971



FREE!!! Understanding the Americans with Disabilities Act and Your Rights in Community Recreation

Programmatic accessibility is one of the key elements of the Americans with Disabilities Act and allows all individuals with disabilities to benefit from all City services, programs, and benefits offered to the public. In order for all City programs and services to be “accessible to and usable by people with disabilities” as mandated by the ADA, sometimes reasonable accommodations must occur. It is important to know your rights as an individual or as a parent of a child with a disability in regards to recreation/leisure and inclusion services. **Please join us for an informative presentation with snacks and get more information on how to get the most out of recreation in the Cincinnati community and surrounding areas.**

Americans with Disabilities Act

Ages: 18 and Older
Date: Wednesday, February 1, 2017
Time: 6:30 – 8:00 pm
Program Location: LeBlond RecPlex
2335 Riverside Drive, 45202
Program Code: ADA17
Program Fee: **FREE!**
Contact Person: Alayne (513)352-4945



**The Division of Therapeutic Recreation
would like to know what additional
seminars you would be interested in!**

Please call Alayne at (513)352-4945

Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below . . .

Sponsorship

TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations, and organizations could choose to provide sponsorship for. As a potential sponsor, you could receive additional recognition for the funding provided for a special event.

Donations

Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Foundation are tax deductible to the maximum amount allowable by the law. The Cincinnati Recreation Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the citizens of Cincinnati. By donating to the Cincinnati Recreation Foundation, you are able to identify what you would like the funds to be spent on. **If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Division of Therapeutic Recreation. For more information, please call Alayne at (513)352-4945.**

Volunteer

The Division of Therapeutic Recreation needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it is an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. **If you would like more information on volunteer opportunities and/or a volunteer application, please call Adam at (513)352-4629.**

Scholarship Fund

The Division of Therapeutic Recreation is proud to offer a scholarship fund to assist participants who may need financial assistance with program registration fees for the TR programs that we offer. Please request a scholarship application form by calling the office at (513)352-4028. **If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945!**

Thank You To Our Sponsors!

We want to take the time to give sincere thanks to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Ability Experience – Journey of Hope
Boiman & Meyers
Cincinnati Recreation Foundation
City of Cincinnati
Envision
First Financial Bank
Greater Cincinnati Foundation
Impact for Health
LaRosa's
Robert W. Baird & Co.
Spina Bifida Coalition of Cincinnati
Walk of Joy

Billy Casper Golf
Character and Courage Foundation
Cincinnati Reds Community Fund
Elder High School
Fantasy Baseball Camps – Jeremy Flug
Great American Insurance
Green Diamond Gallery
Kid Glove
Mount Saint Joseph University
Rotary Club of Cincinnati
US Paralympics

Our year-round, warm water swimming pools are located at the Mt. Auburn Recreation Center and the U.C. Keating Aquatic Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and “easy ladder” with hand railings. The water temperature is maintained at a comfortable 87 degrees in the winter, and 86 degrees in the summer. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an Olympic sized pool that is equipped with a chair lift, a moveable bulkhead, and fixed blocks for diving. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

Adapted Aquatics Learn-to-Swim Program

Our Adapted Aquatics Program is coordinated by **Kristen Clatos, M.A., CTRS, CDSS, ATRIC, and Eric Rueger, WSI**. Their core team of qualified and experienced instructors are committed to creating positive aquatic experiences for all ages and ability levels.

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Participants, ages three and older, are taught swim skills, water safety and independence. Children and adults can be successfully included in traditional swim programs if they are introduced to the water with positive experiences, dedicated staff, and structured lessons allowing for maximum attention. When enrolled in our Adapted Aquatics Program, swimmers learn American Red Cross Aquatics Levels I, II, and III swim skills—while the ultimate goals include:

- Safe, independent play in the water
- Participation in traditional, inclusive swim lesson programs
- Competitive/Non-Competitive participation on the TR Sharks Swim Team or other swim team in the community

Each swimmer receives individualized, progressive strategies and teaching methods that make learning achievable, sensory integrative, and fun for all. We will keep specific learning types and considerations in mind while structuring lessons and will provide visual, auditory, and sensory stimulation based on the needs of the individual. Lessons are offered on Tuesdays, Thursdays, and Saturdays.

Adapted Aquatics Registration/ Payment

Families unable to pay for all six swim sessions all at once may ask to be placed on our payment plan. In order to reserve a spot(s), participants must pay \$25 for each session they wish to attend. **Full payment for each session must be received one week before each session begins.** Failure to meet this requirement will result in the participant losing their spot to another participant on the waiting list. The \$25 reservation fee will not be refunded if we are unable to fill that spot. We are more than willing to work with families in these tough economic times, but we also want to ensure that new swimmers are able to register for our programs.

Payment will not be accepted at the program site. Please visit us, call us with your credit card payment, or mail your payments and program registration forms to CRC’s Main Office at: Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Avenue, Suite 800, Cincinnati, Ohio, 45202. Please indicate your preferred day(s), time(s), and program code(s) on the Program Registration Form.

- **Participants who “drop out” of the program that they registered for less than seven days before the start date will forfeit their program payment.**
- **There will be no “make-ups” for missed swim lessons.**
- **Confirmations will be mailed and will include the participant’s swim day, time, address to the pool, and directions from I-71. If the swimmer is new to our program, please make arrangements to drive by the pool before the first lesson, as the location can be difficult to see from the road.**

Aquatics programs accept Level 1 and I/O Medicaid Waivers as program payment. To use the waiver as payment for our programs, please contact your Service Support Administrator to indicate interest in using those funds for this purpose. Your Service Support Administrator should contact Alayne Kazin to begin the waiver process. We encourage participants to sign up for multiple sessions at one time, to minimize paperwork and the chance of losing a spot in a desired time slot. There are two spots available for waiver participants in each of the Tuesday and Thursday time slots, and three spots available in each time slot on Saturday. **If you are using a waiver for program payment, attendance is very important. Please know that if you miss two lessons in a session, you will be dropped from the current session, and may not be able to use the waiver for payment of future sessions.**

New Swimmer Assessments

Upon registration, new swimmers must complete an Initial Assessment. The Program Coordinator will contact you to schedule an assessment once your registration has been received. Assessments will take place at the Mt. Auburn Pool on Tuesdays and Thursdays between 4:30 – 6:00 pm. Each assessment will last approximately 30 minutes, and will take place in the water. The purpose of the initial assessment is to assist in the placement of appropriate instructor assignments, goal setting, and evaluation of needing supports for success in the water. These assessments will also give you the opportunity to see our facility prior to participation in lessons.

Splash Pass!

Sign up for all six swim sessions with a \$25 deposit for each session! We highly encourage this if you want to make sure that you don't miss your preferred spot.

Fall Season

Ages: 3 and Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATF16
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHF16
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: AASF16
Begin/End: September 6 – October 15
Cancellations: None
Program Location: Mt. Auburn Pool
Program Fee: \$100 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Winter 2 Season

Ages: 3 and Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATW217
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHW217
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: ASW217
Begin/End: January 17 – February 25
Cancellations: None
Program Location: Mt. Auburn Pool
Program Fee: \$100 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Winter 1 Season

Ages: 3 and Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATW16
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHW16
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: AASW16
Begin/End: October 25 – December 10
Cancellations: Week of Thanksgiving
Program Location: Mt. Auburn Pool
Program Fee: \$100 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Spring Season

Ages: 3 and Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATS17
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHS17
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: AASS17
Begin/End: March 7 – April 15
Cancellations: None
Program Location: Mt. Auburn Pool
Program Fee: \$100 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Continued ...

Summer 1 Season

Ages: 3 and Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATSU117
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: THSU117
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: ASS117
Begin/End: April 25 – June 3
Cancellations: None
Program Location: Mt. Auburn Pool
Program Fee: \$100 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Summer 2 Season

Ages: 3 and Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATS217
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHS217
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: ASS217
Begin/End: June 13 – July 29
Cancellations: Week of Fourth of July
Program Location: Mt. Auburn Pool
Program Fee: \$100 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Center Membership Fees:

Juniors (ages 17 and younger) = \$2
Young Adults (ages 18-24) = \$10
Adults (ages 25-49) = \$25
Seniors (ages 50 and older) = \$10

FREE Parent Learn-to-Swim Program!

In offering aquatic programs that focus on safety in and around the water, we would like to extend **FREE Swim Lessons to parents/guardians of participants who are enrolled in our Adapted Aquatics Program!** Our swimmers will be safer when their parents feel comfortable and safe in the water as well, as this opportunity will help parents to continue our work by reiterating skill practice during leisure swim times. The free lessons will have a small group format and take into consideration the parents' current level of swim ability and comfort in the water. **Lessons will be offered during the same swim time for your child, and prompt registration will ensure lessons based on availability of instructors. There may be instances where the parent may not have a lesson due to the unavailability of extra staff. Participants will get staffed first, and then parents will be assigned an instructor if one is available. Parents who wish to participate in this Learn-to-Swim Program must have a current CRC Center Membership. Please see the information provided above.**



Swimming improves your health and fitness . . .
and it's fun too!!!

New Programs!

Preschool Water Exploration

This new class focuses on safety, strength, flexibility, and gross motor skills for children with developmental delays and disabilities (and is also open to registration for typical developing siblings/peers). Our program is designed to introduce preschool aged children, ages three-five, to the water, basic safety skills, and beginning learn-to-swim programs. **Parents are required to stay and be involved with their child during class.** They will be taught to safely work with their children in the water during this six week course. Individual instructors will take into consideration the individual needs of the child including sensory, auditory, spatial, and motor concerns. **Positive aquatic experiences early in life prepare children for lifelong aquatic fun-filled adventures!**

Ages: 3 – 5
Day/Dates: Please call for dates!
Time: 9:15 – 9:45 am
Program Location: Mt. Auburn Pool
Program Code: PSWE167
Min./Max. #: 6/12
Program Fee: \$100 + CRC Center Membership
Registration Deadline: To be announced
Contact Person: Kristen (513)352-4056



Center Membership Fee: Juniors (ages 17 and under) = \$2

Adapted Aquatics Outreach: Learn-to-Swim at School!

We have been partnering with local schools to offer Adapted Aquatics Learn- to-Swim lessons as part of the school day! If your school is interested in this awesome opportunity, please contact Kristen at (513)352-4055 or kristen.clatos@cincinnati-oh.gov.

Students who wish to participate in this Learn-to-Swim Program must have a current CRC Center Membership

Membership Fees are as Follows: Juniors (ages 17 and younger) = \$2, Young Adults (ages 18-24) = \$10

FREE! Water Safety Days

Water Safety Day provides parents, grandparents, family members, and support staff an opportunity to learn how to keep children safe in an aquatic environment and how to safeguard homes and pools. The event includes information about the Adapted Aquatics Learn-to-Swim Programs.

Demonstrations will take place throughout the event focusing on basic water rescue, CPR/First Aid, and water safety techniques. This is also a great time to swim as a family in our warm water therapy pool, and to ask our trained Adapted Aquatics Instructors questions about facilitating learn-to-swim skills in a fun and **safe** environment.

Ages: All Ages
Day: Saturdays
Begin/End: April 1 and April 15
Time: 1:00 – 3:00 pm
Program Location: Mt. Auburn Pool
Program Code: WSD17
Program Fee: **FREE!** (with CRC Membership)
Contact Person: Kristen (513)352-4055

Individuals who wish to participate in this program must have a current CRC Center Membership. Membership fees are as follows:

Juniors (ages 17 and younger) = \$2, Young Adults (ages 18-24) = \$10, Adults (ages 25-49) = \$25, and Seniors (ages 50 and older) = \$10.

For additional information regarding **Center Membership Benefits**, please see page three of this program guide.

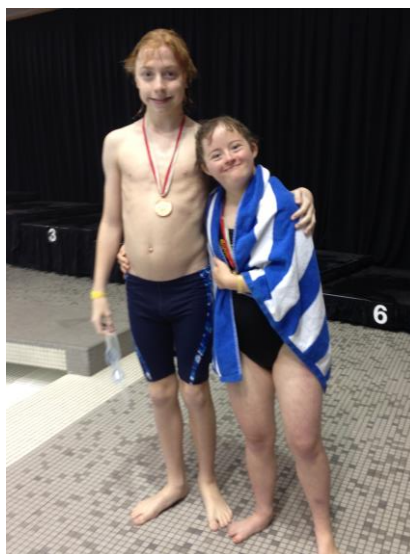
This program is for advanced swimmers, ages six and older, that are typically developing, or that have cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of three-five. Each swimmer will be evaluated on the first night of practice, and if they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for our City-Wide Swim Meets, the Special Olympics, and Paralympics Swim Meets! **Please note that participation in swim meets may require additional fees.** This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness!

Parking passes for classes taking place at the U.C. Keating Aquatic Center are available to purchase. Passes may be purchased at the U.C. Recreation Center Front Desk for \$20 per month. Please call (513)556-0382 with any questions regarding parking at the University of Cincinnati.

TR Sharks Fall Season

Ages: 6 and Older
 Days: Tuesdays and Thursdays
 Begin/End: September 6 – December 8
Cancellations: Week of Thanksgiving
 Time: 7:00 – 8:30 pm
Program Location: U.C. Keating Aquatic Center
 Program Code: STF16
 Max. # Swimmers: 30
 Program Fee: \$250
 Contact Person: Kristen (513)352-4055

Come Join Our Team!



TR Sharks Winter/ Spring Season

Ages: 6 and Older
 Days: Tuesdays and Thursdays
 Begin/End: January 31 – April 27
Cancellations: None
 Time: 7:00 – 8:30 pm
Program Location: U.C. Keating Aquatic Center
 Program Code: STWS17
 Max. # Swimmers: 30
 Program Fee: \$250
 Contact Person: Kristen (513)352-4055

TR Sharks Summer Season

Ages: 6 and Older
 Days: Tuesdays and Thursdays
 Begin/End: May 30 – July 27
Cancellations: None
 Time: 7:00 – 8:30 pm
Program Location: *Mt. Auburn Pool
 Program Code: STSU17
 Max. # Swimmers: 30
Program Fee: \$100 + CRC Center Membership
 Contact Person: Kristen (513)352-4055



Center Membership Fees:	Juniors (ages 17 and under) = \$2
	Young Adults (ages 18-24) = \$10
	Adults (ages 25-49) = \$25
	Seniors (ages 50 and older) = \$10

The Arthritis Aquatics Program is designed to allow individuals with arthritis to exercise in a supportive, low resistance environment. Water is a safe, ideal environment for relieving arthritis pain and stiffness. Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. We provide a friendly and supportive atmosphere in which you can make new friends and try new activities. This social interaction can help decrease feelings of depression and isolation. Progress in the aquatic activities can lead to independence and improved self-esteem. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

Guidelines to Participate

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue, or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.

Fall Season

Ages: 18 and Older
 Days/Times: Mondays: 5:00 – 6:00 pm
 Tuesdays: 3:00 – 4:00 pm
 Wednesdays: 5:00 – 6:00 pm
 Fridays: 1:00 – 2:00 pm
 Begin/End: September 6 – December 9
Cancellations: Friday, November 11, and the Week of Thanksgiving
 Program Location: Mt. Auburn Pool
 Program Code: ARF16
 Program Fees: \$40 (10 classes) + CRC Center Membership
 \$72 (20 classes) + CRC Center Membership
 Contact Person: Kristen (513)352-4055

Winter Season

18 and Older
 Mondays: 5:00 – 6:00 pm
 Tuesdays: 3:00 – 4:00 pm
 Wednesdays: 5:00 – 6:00 pm
 Fridays: 1:00 – 2:00 pm
 January 17 – March 17
Monday, January 16 and February 20
 Mt. Auburn Pool
 ARW17
 \$40 (10 classes) + CRC Center Membership
 \$72 (20 classes) + CRC Center Membership
 Kristen (513)352-4055

Spring Season

Ages: 18 and Older
 Days/Times: Mondays: 5:00 – 6:00 pm
 Tuesdays: 3:00 – 4:00 pm
 Wednesdays: 5:00 – 6:00 pm
 Fridays: 1:00 – 2:00 pm
 Begin/End: March 27 – June 2
Cancellations: None
 Program Location: Mt. Auburn Pool
 Program Code: ARS17
 Program Fees: \$40 (10 classes) + CRC Center Membership
 \$72 (20 classes) + CRC Center Membership
 Contact Person: Kristen (513)352-4055

Summer Season

18 and Older
 Mondays: 5:00 – 6:00 pm
 Tuesdays: 3:00 – 4:00 pm
 Wednesdays: 5:00 – 6:00 pm
 Fridays: 1:00 – 2:00 pm
 June 12 – July 28
Week of Fourth of July
 Mt. Auburn Pool
 ARSU17
 \$40 (10 classes) + CRC Center Membership
 \$72 (20 classes) + CRC Center Membership
 Kristen (513)352-4055

Center Membership Fees: Young Adults (ages 18-24) = \$10
 Adults (ages 25-49) = \$25
 Seniors (ages 50 and older) = \$10

We want to know what you like to do in the water! Let Kristen at kristen.clatos@cincinnati-oh.gov know if you are interested in any of the aquatic program ideas listed below, have other ideas, or would like more information!

Ai Chi: Ai Chi is a water-based total body strengthening and relaxation progression that bridges East and West philosophies, and integrates mental, physical, and spiritual energy. It combines Tai-Chi concepts with Shiatsu and Watsu techniques, and is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.

Aqua Pilates: Aqua Pilates workouts facilitate increased flexibility while challenging the individual to maintain core stabilization, balance, and postural alignment in the healing environment of water. It is a great alternative for those who have limitations in the Pilates mat workout, or beginning Pilates students who love the water and want to include some of these core strengthening and stretching exercises in their routine.

Aqua Yoga: Aqua Yoga is a very gentle and low-impact aquatic activity that involves performing Yoga poses in warm water. These poses help you develop strength, static balance, and increase range of motion.

Watsu: Watsu is a floating massage performed in warm water. The practitioner holds and massages the client gently, supporting and moving him or her through the water in a nurturing way. The gentle rocking movements, stretches and nurturing support in the arms of the practitioner convey to the receiver the peace and simplicity of the earliest childhood and womb states, allowing physical and emotional blockages to be released.

Under the Sea: Sensory Snorkeling Treasure Hunt

Snorkeling is a great, fun way to teach breath control, which is integral for calming and self-regulation in **all** children, including those with any type of Sensory Integration Dysfunction or Autism Spectrum Disorder. Once the child is comfortable with the face mask, fins, and other equipment, they will be free to explore **Under the Sensory Sea!** We have created an underwater sensory experience for children to explore while snorkeling in the shallow indoor pool at the Mt. Auburn Pool.

Coral is rough to the touch, while sea weed is slimier; snorkelers will have the opportunity to enjoy an interactive version of the way the ocean looks, feels, and sounds. Once kids get the hang of it, they can go deeper underwater for more intense hydrostatic pressure and see what may be on the bottom of the pool—**treasures!** If your child doesn't immediately take to the swashbuckling pirate life, there will be sandcastle building and other sensory land based beach activities to enjoy. This is a great practice session planning for a tropical family vacation, aquarium visit, or just another way to enjoy the water!

Ages: 8 and Older
Day: Saturday
Dates: Fall Session: September 24
Spring Session: March 11
Program Time: 1:30 – 2:30 pm
Program Location: Mt. Auburn Pool
Program Codes: SSTH16 (Fall)
SSTH17 (Spring)
Program Fee: \$20 + CRC Center Membership
Contact Person: Kristen (513)352-4055

Center Membership Fees
Juniors (ages 17 and under) = \$2
Young Adults (ages 18-24) = \$10
Adults (ages 25-49) = \$25
Seniors (ages 50 and older) = \$10



Did you know that CRC offers Pool Party Rentals?

You can rent our Indoor Warm Water Mt. Auburn Pool for your next swim party!!! For private rentals, please contact the CRC Aquatic Office at (513)357-POOL (7665). Our pool may be rented for a three-hour minimum to include one half hour setup time and one half hour cleanup time at the rate of \$55 per hour.

Please note the following:

Additional staff costs are based on group size
Rentals include lifeguard staff, inflatable pool floats, and pool foam noodles
Groups are permitted to bring food into pool areas during rentals
Pool rentals are available outside of normal pool operating hours
CRC pool facilities are alcohol and drug free

To provide recreational programs for person's with **physical disabilities** that allow the participant to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their overall quality of life.

Our Programs

Our activities throughout the year include **Football, Basketball, Golf, Bowling, Strength Training, Handcycling, Goalball, and Adapted and Arthritis Aquatics.**

Our Staff

The Therapeutic Recreation leadership team has more than 50 years of experience working with people with disabilities in a variety of settings. Most of our leaders have their degree in Therapeutic Recreation and hold a certification in Therapeutic Recreation—which requires a continuing education to maintain. They are professional, fun to be around, and most importantly, hold the safety of all CRC-TR participants in the highest regard.

Our Participants

The team prides themselves in being able to meet the needs of most individuals. Through participant assessments, the staff does what they can to meet the needs of anyone wanting to participate in our programs. With a little duct tape and some imagination, they can do amazing things! There will be times however, when circumstances prohibit participation for some individuals. Since you won't know unless you try, come on out and have some fun!

For additional information, please contact Adam at (513)352-4629 or adam.ayers@cincinnati-oh.gov.

Like us on Facebook for more information about events, news, and adapted sports opportunities at



www.facebook.com/CincinnatiParalympicSportsClub



**Our SPORT is DETERMINATION.
Our GAME is WINNING.**

**PARALYMPIC
SPORT CLUB**

Cincinnati Recreation Commission

U.S. Paralympics Recognizes the Cincinnati Recreation Commission for Excellence

Dec. 9

U.S. Paralympics, a division of the United States Olympic Committee, today announced that the Cincinnati Recreation Commission has been recognized as a BRONZE level club as a part of the Paralympic Sport Club Excellence Program, which also recognizes 57 other clubs across the country.

Created in 2013, the excellence program is designed to support Paralympic Sport Clubs as they evolve their sport programming in areas such as athlete identification and coaching education, and recognize their contributions to growing the Paralympic movement in the United States.



“Paralympic Sport Clubs are critical not only for the development of athletes but also for the growth of the Paralympic movement in the United States,” said Rick Adams, chief of Paralympic sport and NGB organizational development. “We are grateful for the investment these Paralympic Sports Clubs have made in their communities and we are proud to honor their commitment to excellence in supporting future Paralympians.”

The multi-tier excellence program has benchmarks at the bronze, silver and gold levels to give participating clubs a blueprint for transitioning from a basic provider (bronze level) to an elite provider (gold level) of Paralympic programming. After a Paralympic Sport Club completes a level, the club will be eligible to receive recognition and an award designated for the bronze, silver or gold level. Clubs designated as gold or silver receive a stipend for programming, while bronze-level clubs receive recognition banners.

“It means a lot to our Paralympic Sports Club to be recognized as a Bronze Level Club. We have been working very hard here at the Cincinnati Recreation Commission to build adapted sports programs that meet the needs of our athletes in the community. It’s great to get recognized on a national level for our achievements and it inspires us to keep working hard towards the next benchmark. We want to continue to offer competitive and leisure opportunities for our athletes with physical disabilities in the Tri-State area,” said Adam Ayers, of CRC’s Therapeutic Recreation Division.

Therapeutic Recreation Adapted Sports

The programs listed on the following four pages are available for participants with physical disabilities and visual impairments, beginner to advanced skill levels.

The Paralympic Sports Club Pass

By registering for the **Paralympic Sports Club Pass**, it enables you to pay one fee, and have the ability to participate in our **Wheelchair Basketball and Wheelchair Football, Programs**. Once you have purchased your membership to our center, you can pay \$25 for the PSC Pass that is valid for the fall, winter, and spring months. **It is a great buy for sports enthusiasts who like participating in more than one sport!**

Handcycling

Come out and ride handcycles with a group of individuals that have physical disabilities. Space is limited in this program since we have a limited amount of handcycles. We will ride around the Lunken Bike Trail, enjoying the scenery and fresh air while actually participating in a Paralympic Sport. Please call Adam before registering to assure that there is space available in the program.

Fall Session

Ages:	18 and Older
Day:	Mondays
Begin/End:	September 12 – October 31
Cancellations:	None
Program Time:	10:00 am – Noon
Program Location:	Lunken
Program Code:	FHC16
Program Fee:	\$25 + CRC Center Membership
Max. # Participants:	6
Registration Deadline:	Friday, September 8
Contact Person:	Adam (513)352-4629



Center Membership Fees: Young Adults (ages 18-24) = \$10, Adults (ages 25-49) = \$25, Seniors (ages 50 and older) = \$10

Get Fit with CRC!

Adapted Strength Training Group

Join us at Corryville Recreation Center to get FIT! This facility hosts fully accessible weight machines for those individuals that use a wheelchair for more mobility. The program provides an on-site trainer to introduce participants to the equipment, and to help with adapting exercises for individuals with disabilities. **There are three time slots available for registration, and we are only accepting four participants per time slot.** Please choose from the time slots listed below, and specify on your registration form what time you would like to participate. Please contact Ashley with additional questions.



**Get Fit at
Corryville!**

Fall

Age: 14 and Older
Days: Mondays and Wednesdays
Begin/End: September 19 – December 14
Cancellations: None
Program Time: 4:00 – 7:00 pm
4 – 5pm, 5 – 6pm, 6 – 7pm
Program Location: Corryville Center
Program Code: FAST16
Program Fee: \$25 + CRC Center Membership
Maximum Participants: 12 (4 per time slot)
Registration Deadline: Friday, September 16
Contact Person: Ashley (513)352-4971

Winter

Age: 14 and Older
Days: Mondays and Wednesdays
Begin/End: January 9 – March 15
Monday, February 20
Program Time: 4:00 – 7:00 pm
4 – 5pm, 5 – 6pm, 6 – 7pm
Program Location: Corryville Center
Program Code: WAST17
Program Fee: \$25 + CRC Center Membership
Maximum Participants: 12 (4 per time slot)
Registration Deadline: Friday, January 6
Contact Person: Ashley (513)352-4971

Center Membership Fees: Juniors (ages 17 and younger) = \$2
Young Adults (ages 18-24) = \$10
Adults (ages 25-49) = \$25
Seniors (ages 50 and older) = \$10

Wheelchair Football – Neighborhood Pick-Up Game!

Just about anyone can play this sport—a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who do not use a wheelchair, and family and/or friends. We have extra sports wheelchairs available for anyone that doesn't have their own to participate in this pick-up style game. This sport is very inclusive and accommodates athletes of all abilities. Each Saturday the rules will be adapted to fit the group that comes to play—allowing everyone to be included. Games are played in the gym at the LeBlond RecPlex.

Fall

Ages: 8 and Older
Day: Saturdays
Begin/End: September 24 – December 17
Cancellations: None
Program Time: 10:30 am – 12:15 pm
Program Location: LeBlond RecPlex
Program Code: FWCF16
Program Fee: \$25 + CRC Center Membership
Registration Deadline: Friday, September 16
Contact Person: Adam (513)352-4629

Winter

Age: 8 and Older
Day: Saturdays
Begin/End: January 7 – March 25
Cancellations: None
Program Time: 10:30 am – 12:15 pm
Program Location: LeBlond RecPlex
Program Code: WWCF17
Program Fee: \$25 + CRC Center Membership
Registration Deadline: Friday, December 30
Contact Person: Adam (513)352-4629

Center Membership Fees: Juniors (ages 17 and younger) = \$2
Young Adults (ages 18-24) = \$10
Adults (ages 25-49) = \$25
Seniors (ages 50 and older) = \$10



Dwarf Athletic Association of America (DAAA)

This program is designed for athletes with dwarfism who would like to train and compete in DAAA events, both regionally and nationally. There are many different sports to compete in under the DAAA umbrella. Here at the LeBlond RecPlex, we would like to help you prepare for individual events and help you form teams for team competitions. This program is also available to athletes with dwarfism who are not ready or willing to compete in the DAAA, but would still like to exercise and workout with other athletes with dwarfism. **It's our goal to get you moving, exercising, and socializing with others that share your common interest!**

Ages: 7 and Older
 Day: Saturdays
 Begin/End: October 1 – November 19
Cancellations: None
 Program Time: 1:00 – 2:30 pm
 Program Location: LeBlond RecPlex
 Program Code: FDAAA16
 Program Fee: \$25 + CRC Center Membership
 Registration Deadline: Open Enrollment
 Contact Person: Adam (513)352-4629



**Dwarf
 Athletic
 Association of
 America**
www.daaa.org



Center Membership Fees: Juniors (ages 17 and younger) = \$2
 Young Adults (ages 18-24) = \$10
 Adults (ages 25-49) = \$25
 Seniors (ages 50 and older) = \$10

Wheelchair Basketball

Wheelchair Basketball is back in Cincinnati! **Come be a part of the Cincinnati Royals Basketball Team! This will be our second year competing in the National Wheelchair Basketball Association (NWBA).** Our 2015-2016 seasons ended with the Royals placing 15th out of 68 teams in the nation. Weekly practices begin in the fall for individuals ages 14 and older that have physical disabilities and independent functioning skills. **Athletes must be able to propel their wheelchair without assistance from a motor.** Please contact Adam for additional info!

	Fall	Winter
Ages:	14 and Older	14 and Older
Day:	Tuesdays	Tuesdays
Begin/End:	October 4 – December 20	January 10 – April 4
Cancellations:	None	None
Program Time:	6:30 – 8:30 pm	6:30 – 8:30 pm
Program Location:	LeBlond RecPlex	LeBlond RecPlex
Program Code:	FWCB16	WCBW17
Program Fee:	\$25 + CRC Center Membership	\$25 + CRC Center Membership
Registration Deadline:	Open Enrollment	Open Enrollment
Contact Person:	Adam (513)352-4629	Adam (513)352-4629



Center Membership Fees: Juniors (ages 17 and younger) = \$2
 Young Adults (ages 18-24) = \$10
 Adults (ages 25-49) = \$25
 Seniors (ages 50 and older) = \$10



Join in on the Fun!

Therapeutic Recreation Adapted Sports

Goalball

Goalball is a competitive sport played three-against-three, indoors on a gym floor—**primarily by blind and visually impaired athletes**. A rubber ball with bells inside is used so that the players can track the ball. This game is played at the local school gym level, all the way up to the Paralympic level—internationally by Team USA. Even if you don't have a visual impairment, you can participate in this amazing sport! Come out and give this awesome game a try! For additional information about this fun program, please contact Ashley.

	Fall	Winter
Ages:	8 and Older	8 and Older
Day:	Wednesdays	Wednesdays
Begin/End:	October 12 – December 14	January 11 – April 12
Cancellations:	Wednesday, November 23	None
Program Time:	6:30 – 8:30 pm	6:30 – 8:30 pm
Program Location:	LeBlond RecPlex	LeBlond RecPlex
Program Code:	FGB16	WGB17
Program Fee:	\$25 + CRC Center Membership	\$25 + CRC Center Membership
Registration Deadline:	Friday, October 7	Friday, January 6
Contact Person:	Ashley (513)352-4971	Ashley (513)352-4971

Center Membership Fees: Juniors (ages 17 and younger) = \$2
 Young Adults (ages 18-24) = \$10
 Adults (ages 25-49) = \$25
 Seniors (ages 50 and older) = \$10



“Lack of Sight Does Not Equal Lack of Talent, Dreams, or Desires”



Adapted Tumbling

This is a new program designed to introduce children and teens with disabilities to the world of tumbling! Basic tumbling skills will be introduced, as well as movements to increase flexibility, strength, and balance. This program will also provide the opportunity to participate inclusively in City-Wide Tumbling Meets! Come and join this fun program!

Ages:	5 – 17
Days:	Tuesday and Fridays
Begin/End:	September 26 – December 16 <i>Meets and Finals TBA</i>
Cancellations:	October 14, November 11, and November 25
Program Time:	3:30 – 4:30 pm
Program Location:	LeBlond RecPlex
Program Code:	TUM16
Program Fee:	FREE!!! with CRC Center Membership
Registration Deadline:	Friday, September 9
Contact Person:	Teresa (513)352-4962

Center Membership Fee: Juniors (ages 17 and younger) = \$2

Other CRC Adapted Programs include . . .

Adapted Aquatics:	<i>see pages 10 - 12</i>
Arthritis Aquatics:	<i>see page 15</i>
Adapted Bowling:	<i>see page 24</i>

For additional information about our Adapted Sports Programs,

please contact Adam at (513)352-4629 or adam.ayers@cincinnati-oh.gov

TR Basketball Bulls – Lakers

The TR Basketball Program is designed for competitive-level athletes with the skills and knowledge to play regulation basketball. Games are scheduled against area Special Olympic teams. The season concludes with regional and state tournaments. Each athlete must have a current Special Olympic Medical Release in order to participate.



Ages:	16 and Older
Day:	Thursdays
Begin/End:	October 13 – March 30
Cancellations:	November 24, December 22, December 29
Program Location:	Corryville Center
Program Time:	6:30 – 8:30 pm
Program Code:	TRB167
Program Fee:	\$60 + CRC Center Membership. To set up a payment plan, please contact Ashley at (513)352-4971
Registration Deadline:	Friday, October 7
Contact Person:	Ashley (513)352-4971

Center Membership: Juniors (ages 17 and younger) = \$2
 Young Adults (ages 18-24) = \$10
 Adults (ages 25-49) = \$25
 Seniors (ages 50 and older) = \$10



Healthy Lifestyles for People with Disabilities

Healthy Lifestyles for People with Disabilities is a Holistic Wellness Class. The curriculum was developed and implemented in the state of Oregon with funding from The Center for Disease Control from 2001-2014. This program will use the self-determination model to give participants the tools they need to navigate a healthy lifestyle. Participants will:

- Understand and examine their personal values
- Gain knowledge of the five components of a healthy lifestyle
- Develop and follow a healthy lifestyle game plan

The program uses a Healthy Lifestyles Wheel and will cover four areas of explanation: Physical Health, Social Health, Health through Meaningful Activities, and Emotional Health. After completion of the program, a monthly support group will meet as part of the program. **Participants will be contacted for a prescreening meeting prior to the start of the program.**

Ages:	18 and Older
Program Location:	LeBlond RecPlex
Program Code:	HL16
Min./Max. #:	5/15 Participants (Participants may bring a parent or caregiver with them)
Program Fee:	FREE with the purchase of a CRC Center Membership
Registration Deadline:	To be announced
Contact Person:	Teresa (513)352-4962 or Alayne (513)352-4945

Center Membership: Young Adults (ages 18-24) = \$10
 Adults (ages 25-49) = \$25
 Seniors (age 50 and older) \$10



If you are interested in this program, please call Teresa or Alayne!

TR Bowling

Participating in our Bowling Program is a wonderful way to improve your health and fitness! Bowlers of all experience levels are encouraged to participate in this inclusive program—family and friends are welcome, too. Come on out to Brentwood Bowl on Saturday afternoons and join in on the fun!

Team Bowling

Team Bowling is designed for competitive level bowlers who wish to be on a bowling team and participate in a league. **Weekly attendance is required to participate on a team.** Each athlete will be placed on a team by the league coordinator.

Open Bowling

Open Bowling is designed for beginners and/or those who are unable to attend on a weekly basis. Friends and family are encouraged to register and participate in this program.

Adapted Bowling

Adapted Bowling is designed for individuals with physical disabilities. Bowling ramps are available.

Junior Bowling

Junior Bowling is for younger bowlers (ages 6-17), and is designed to give them the chance to experience the fun and excitement of bowling. Bumper lanes and ramps are available. Friends and family are encouraged to register and participate in this program. **We do request parent/guardian attendance throughout the program.**

Registration Information for All Bowling Programs

Ages:	6 and Older	
Day:	Saturdays	
Begin/End:	October 1, 2016 – April 8, 2017	
Cancellations:	November 5 and 25, December 24 and 31	
Program Time:	11:45 am – 2:00 pm	
Program Location:	Brentwood Bowl	
Program Codes:	Adapted Bowling	AB167
	Junior Bowling	JB167
	Open Bowling	OB167
	Team Bowling	TB167



Program Fee: \$50

Bowling Banquet: **The end of season Bowling Banquet's date, time, and place will be determined during the bowling season. The fee to attend the banquet will be \$25 for registered participants, and \$19 for parents/staff. All registered bowlers will be awarded a Participation Trophy. Team and Individual Trophies will not be awarded.**

Contact Person: Teresa (513)352-4962

In addition to the program registration fee, a weekly bowling fee of \$6.00 is required to be paid on site and will include shoes and three games.

Please bring exact change.

Please Note: Due to the number of bowlers, our ability to provide individual assistance is limited. **Parent/Guardian/Staff assistance is requested for those unable to bowl independently.**

Check-In/Registration: Please arrive at the bowling alley by 11:30 am—bowling will begin promptly at 11:45 am. Bowlers arriving after 11:45 am will be marked as absent and have to wait until the next game to be added back in, as we must be finished bowling by 2:00 pm. Bowling staff will be available to start collecting payments starting at 10:30 am.

Please Note: Access Riders should be scheduled for pick-up between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

Spinning: Indoor Group Cycling

This exciting class uses an indoor bike to simulate situations similar to riding a bike outdoors! Movements include hill climbs, sprints, and interval training. Our instructors use music, motivation, and enthusiastic coaching to lead you through a ride that best suits your fitness level and goals. This program welcomes participants of all fitness levels. As with any exercise program, please consult your physician before starting. Participants must wear gym shoes, and bring water to drink and a towel to dry off to each class. Please call us at (513)352-4013 to reserve a bike, and plan on arriving 15 minutes prior to the start of class so that you can prepare your bike.

Ages: 18 and Older
Days/Times: Wednesdays and Fridays from 9:30 – 10:30 am with Eric
Wednesday evenings from 6:15 – 7:00 pm with Mark
Participants must call at least one hour before they would like to reserve a bike to use.
Program Location: LeBlond RecPlex
Program Code: CYC167
Program Fee: **FREE!!! with a CRC Center Membership!**
Young Adults (ages 18-24) = \$10
Adults (ages 25-49) = \$25
Seniors (ages 50 and older) = \$10
Contact Person: Adam (513)352-4629



Partnership with Special Olympics

Special Olympics Powerlifting and Adapted Strength Training Group

Join us at the LeBlond RecPlex to **Get Strong and Fit!** Special Olympics Powerlifting is much more than deadlifts, squats, or bench presses. Training, determination, and attitude are the key elements that define the balance between a successful or failed attempt. This program provides an on-site trainer to introduce participants to equipment and to help with adapting exercises for individuals with cognitive disabilities. Practice takes place every Wednesday from 7:15 – 8:00 pm **and is FREE if you have a CRC Center Membership.** For questions about this program or to register, please contact Mark at (513)352-4013.

Inclusion Works!

Youth Social and Leisure Skill Development



LEGO-Based Therapy is a collaborative play therapy in which children work together to build LEGO models. Instead of building LEGO sets by themselves, children work in pairs or teams of three or more. It provides children with a joint interest and goal, and it can become a medium for social development such as sharing, turn taking, making eye-contact, and following social rules. This program is also used to practice social communication, social support, social problem-solving, and conflict resolution.

Ages: **6 – 10**
Day: Wednesdays
Begin/End: October 5 – November 9
Cancellations: **None**
Program Time: 4:30 – 5:30 pm
Program Location: LeBlond RecPlex
Program Code: LEG116
Program Fee: \$50 + CRC Center Membership (\$2)
Registration Deadline: Friday, September 23
Contact Person: Ashley (513)352-4971



Ages: **11 – 16**
Day: Wednesdays
Begin/End: October 5 – November 9
Cancellations: **None**
Program Time: 5:30 – 6:30 pm
Program Location: LeBlond RecPlex
Program Code: LEG216
Program Fee: \$50 + CRC Center Membership (\$2)
Registration Deadline: Friday, September 23
Contact Person: Ashley (513)352-4971

Let's Build Some Fun!

Social and Leisure Programs

Karaoke Night

The stage is yours! This is our monthly inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. If you enjoy music, meeting old as well as new friends, and expressing your creative self—these monthly Saturday nights are the perfect place to be! High attendance is expected at this program, therefore, minimal supervision will be provided.



Ages: 18 and Older
Day: Saturdays
Dates: October 8, November 12, December 10, January 14, February 11, March 11, April 8, May 13
Time: 6:30 – 9:00 pm
Program Location: LeBlond RecPlex
Program Code: KN1617
Max. # Participants: 30
Program Fee: \$40 + CRC Center Membership
Registration Deadline: Friday, September 30
Contact Person: Teresa (513)352-4962

Center Membership Fees: Young Adults (ages 18-24) \$10
Adults (ages 25-49) \$25
Seniors (ages 50 and older) \$10

Dances

Come and celebrate the seasons by dancing, socializing with friends, and enjoying a delicious meal! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior. Our dances require advance registration due to group rates and/or meal preparation. Please note the registration deadlines and be aware that some dances may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however, it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment. **No one will be permitted to register at the door the day of the dance.**

	Hoe Down Dance	Disco Fever Dance	Sweetheart Dance
	Dinner Included	Dinner Included	Dinner Included
Ages:	18 and Older	18 and Older	18 and Older
Date:	Friday, November 4	Friday, December 9	Friday, February 10
Time:	6:30 – 9:00 pm	6:30 – 9:00 pm	6:30 – 9:00 pm
Program Location:	LeBlond RecPlex	LeBlond RecPlex	LeBlond RecPlex
Program Code:	HD16	DFD16	SD17
Program Fee:	\$25 + CRC Center Membership Staff/Aide \$19	\$25 + CRC Center Membership Staff/Aide \$19	\$25 + CRC Center Membership Staff/Aide \$19
Registration Deadline:	Friday, October 28	Friday, December 2	Friday, February 3
Contact Person:	Alayne (513)352-4945	Alayne (513)352-4945	Alayne (513)352-4945

Center Membership Fees: Young Adults (ages 18-24) = \$10
Adults (ages 25-49) = \$25
Seniors (ages 50 and older) = \$10

Parrot Head Dance

Take advantage of being a member of the Cincinnati Recreation Commission! This dance is offered to all individuals who have a CRC Center Membership—for FREE! This will be a casual dance with light refreshments being served.



Ages: 18 and Older
Date: Friday, March 24
Time: 6:30 – 9:00 pm
Program Location: LeBlond RecPlex
Program Code: PHD17
Program Fee: FREE! For Center Members of CRC
Registration Deadline: Friday, March 17
Contact Person: Alayne (513)352-4945



Our social and leisure programs require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Participant staff/aides are very welcome to attend, however it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

Participants registered for our programs must arrive no later than 15 minutes after the scheduled arrival time or there will be a risk of being left behind. Due to safety reasons, unless otherwise stated, participants are not to be dropped off and/or picked up at the actual outing location.

Fishing Trip

Join us for a relaxing fishing trip! Fishing is a great way to get away from daily stress while immersing yourself in nature! We will meet at Lake Isabella in Hamilton County which is stocked weekly with catfish, trout, bluegill, and perch. The program is \$5 per person—no fishing license required. Rods and reels will be provided along with a variety of bait. Friends and family are welcome but be sure to register early because there is a limited number of spots available!



Ages:	8 and Older
Day/Date:	Saturday, September 10
Program Time:	2:00 – 5:00 pm
Program Location:	Lake Isabella
Program Code:	FISH16
Program Fee:	\$5
Maximum Participants:	20
Registration Deadline:	Friday, August 26
Contact Person:	Kristen (513)352-4055

Kayak and Canoe Trip

Come and enjoy a peaceful and fun Canoe or Kayak trip (your choice!) on the Little Miami River. The smooth and rhythmic motion of paddling is low-impact, putting less stress on the body while still providing a great cardio workout that works most of the body's major muscle groups. You can get an up-close glimpse of nature, giving you a chance to see a variety of birds and other animals in their natural habitat. All are welcome, including family and friends! We will have Water Safety Instructors on the water to help you along the way for this six-mile paddle. ***There will be additional waiver release forms required by the rental company.***

Ages:	All Ages!
Day/Date:	Saturday, September 17
Program Time:	2:00 – 5:00 pm
Program Location:	Scenic Canoe Excursions
Program Code:	KCT16
Program Fee:	\$22 plus tax—paid to the rental company <i>No money is charged to register with CRC</i>
Maximum Participants:	12
Registration Deadline:	Friday, September 9
Contact Person:	Kristen (513)352-4055



Overnight Camping Trip

Join us for a fun camping experience at Adventure Outpost in Winton Woods! Participants will hike, canoe, fish, play games, and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

Please Note: Individuals attending this trip must be able to dress, eat meals, prepare for bed, and sleep independently.

Ages:	18 and Older
Dates:	Saturday and Sunday, September 17 and 18
Program Location:	Adventure Outpost in Winton Woods
Drop-Off/Pick-Up Site:	Drop-Off is on Saturday at 1:00 pm at the Adventure Outpost in Winton Woods Pick-Up is on Sunday at 1:00 pm at the Adventure Outpost in Winton Woods
Code:	OCTF16
Min./Max. #:	Limited to 10 females and 10 males due to cabin sleeping spaces.
Fee:	\$100
Registration Deadline:	Friday, September 2
Contact Person:	Teresa (513)352-4962



Once registered, additional paperwork will be mailed to each participant. A liability waiver form and a medical form will need to be completed and submitted to our office prior to participation.

**For additional information about CRC programs,
please visit us at www.cincyrec.org**

CRC FUN Clubs!

Our community outing program is getting a face lift in an attempt to give individuals with disabilities more choices for fun things to do in the Cincinnati area! Our new clubs are for two age groups:

The Golden Panthers

Teens and Young Adults, ages 15 – 25

Hoosiers

Adults, ages 26 and older

Club Membership Fee

With a club membership fee of \$5, each club member will receive a monthly event calendar and interest survey, which gives **YOU** the power to choose the adventures we will experience for each season. Our fall season will run from October thru December, and our winter season will run from January thru March. We will try our best to fulfill the requests submitted by each club member. Remember, with this \$5 fee, you can choose as many of the different themed clubs as you want!

Dinner Club – Meets 1-2 times per month	Social Club – Meets 1-2 times per month
This club is all about trying new restaurants and old favorites with friends! Come join us while we visit local Cincinnati restaurants and experience different types of cuisine, brush up on dining etiquette, and practice money handling skills.	This club is for those who would like to join in with some old friends, and make some new friends along the way! We will work on social skills, learn new leisure options, and enjoy appropriate interactions with our friends.
Dinner Club requires an \$8 registration fee for each dinner date (which does not include the cost of your dinner and tip). Each club member is required to pay for their own dinner and tip as a part of the dining experience. We will meet at the designated restaurant location.	Additional fees for this club are based on each event. The monthly calendar will include details including cost, dates, times, etc. These events will take place in the community as well as at the LeBlond RecPlex located at 2335 Riverside Drive.
Examples of Past Favorites <i>Bob Evans and LaRosa's</i>	Examples of Past Favorites <i>Festival of Lights, Scallywag Tag, and Putt Putt Golf</i>
Please contact Teresa at (513)352-4962	Please contact Teresa at (513)352-4962
Sports-n-Fitness Club – Meets 1-2 times per month	Theater and Arts Club – Meets 1-2 times per month
This club is geared towards all of the sports fans and fitness buffs! We will attend sporting events as well as engage in our own physical fitness to get our heart rates up like the professional athletes we love to cheer on!	This club is designed for our theater goers and those who genuinely have a love for the arts. We will attend theater shows, live music events, art exhibits, and take in local museums. We just might create our own masterpieces!
Additional fees for this club are based on each event. The monthly calendar will include details including cost, dates, times, etc. These events will take place in the community as well as at the LeBlond RecPlex located at 2335 Riverside Drive.	Additional fees for this club are based on each event. The monthly calendar will include details including cost, dates, times, etc. These events will take place in the community as well as at the LeBlond RecPlex located at 2335 Riverside Drive.
Examples of Past Favorites <i>Red's and Cincinnati Cyclones Games</i>	Examples of Past Favorites <i>Covedale Theater and Cincinnati Pops</i>
Please contact Teresa at (513)352-4962	Please contact Teresa at (513)352-4962

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **The Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration forms and payment may be mailed to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at www.cincyrec.org/TR!

Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone	Alternate Phone(s) - other than home			E-Mail Address	
Parent/Guardian Name		Relationship		Phone Number(s)	
Parent/Guardian Name		Relationship		Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home/Agency		Contact Name		Phone Number(s)	

Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Intellectual Disability: Mild – Moderate – Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind – Low Vision - Other
Autism	Hearing Impairment /Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability – Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) _____

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? _____

Additional information that would assist in programming for the participant: _____

Medical Information - Please circle all that apply to the participant.

Allergies (specify below)	Catheter	Hearing Aid	Scoliosis
Arthritis	Diabetes	Heart Condition	Shunt
Asthma	Diet Restriction	Hemophilia	Tracheotomy
Atlantoaxial Subluxation	Ear Tubes	High Blood Pressure	Other: _____
Braces (Orthopedic)	Glasses	Prosthesis	_____

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other _____

If yes, how often does the participant have seizures? _____ **Date of last seizure:** _____

Please identify the name, dosage and time of any medication the participant is currently taking:

Medication Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

CRC Membership Info: Do you have a Center Membership with CRC? ☐ Yes ☐ No If yes, please provide your Center Membership Number _____. **Center Memberships are valid for 12 months from the date of purchase.**
For additional information about memberships and/or scholarships, please call us at (513)352-4028.

Program Information - Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
Center Membership Fees	Juniors (17 and under) \$2, Young Adults (18-24) \$10, Adults (25-49) \$25, Seniors (50 and older) \$10	\$
<i>Please remember to register staff/aides for each program, if applicable!</i> <i>Interested in making a donation? Please call us at (513)352-4028!</i>		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ call us with card info		Amount Enclosed \$

Transportation: ☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access – I.D.# _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damages or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian _____ **Date** _____

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian _____ **Date** _____

GUIDELINES

For Participants, Parents, and Guardians

Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office. Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structured program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

Participants with Specific Health/ Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR Program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR Office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs).

REGISTRATION

For all Therapeutic Recreation Programs

Complete the Program Registration Form (insert). List the program code, name, location, and fee for each program registering for.

Mail the completed form with a check or money order to the Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Ave., Ste. 800, Cincinnati, OH 45202. Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$30 fee for any dishonored check submitted. Please do not send cash through the mail. We also accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.

The CRC Division of Therapeutic Recreation is now a State of Ohio Medicaid Waiver Provider for Level 1 and I/O waivers. Prior to approval to use a waiver as payment for TR programs, a deposit must first be made for the program of choice. At this time, waivers may be used to pay for our Adapted Aquatics and TR Sharks Swim Team Programs, and our TR Summer Day Camps.

The Division of Therapeutic Recreation has created a scholarship fund to assist participants who may need financial assistance with program registration/membership fees (with the exception of our TR and Inclusive Summer Day Camp Programs). Please request a scholarship application form by calling our office at (513)352-4028. If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.

Program registration will not be accepted without program payment. The program registration form and payment must be received in our office before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation. Please call us for information about programs or if you need help with registration.

We do send confirmation of registration. If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations may not be accepted after the deadline.

Refunds of program fees are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

During inclement weather, please listen to our Local Channel 12 to find out about program cancellations.

Cincinnati Recreation Commission

Facility Directory

CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
LeBlond RecPlex	2335 Riverside Dr. (02)	352-4013
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Ave. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (02)	381-1893
Pleasant Ridge	5915 Ridge Ave. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (33)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

Additional TR Program Locations

TR Main Office	2335 Riverside Dr. (02)	352-4028
Brentwood Bowl	9176 Winton Rd. (31)	522-2320
Lake Isabella	10174 Loveland	521-7275
	Madeira Rd., 45140	
Lunken Playfield	4750 Playfield Ln. (26)	321-1772
Scenic Canoe Excursions	4595 Round Bottom Rd.	576-9000
University of Cincinnati	2820 Bearcat Way (21)	556-0604
Keating Aquatic Center		
Winton Woods	10299 McKelvey Dr. (31)	521-2345
Adventure Outpost		

Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5924 Kellogg Ave. (28)	231-6513
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creed Rd. (33)	451-4408

Pools • Indoor & Deep Water

Mt. Auburn Pool	2034 Young St. (19)	381-6780
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Most Zip Codes are Prefix 452
Most Phone Numbers are Area Code 513

CRC INFOLine (513)352-4000 ♦ TR Main Office (513)352-4028 ♦ www.cincyrec.org/TR

Cincinnati Recreation Commission

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